

Summit County Seniors

September 2015 Newsletter

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Visit us on the web:

www.co.summit.co.us/seniors

SCSC News

Senior Board & Council Monthly Meeting
September 1 2015
at 3pm at the Senior Center

New Activity Sign - Up

We are introducing an easier and more convenient way to register for our trips and programs from home. Please drop by the Community and Senior Center to pick up your key tag in order to activate your account at the "MY ACTIVE CENTER" web site. Our goal will be to eventually eliminate the need for the Activity Binder at the front desk. We are so excited to offer you this new service!

myactivecenter

Summit County Community & Senior Center

0083 Nancy's Place
PO Box 1845, Frisco, CO 80443
Phone (970) 668-2940

2015-2016 SCSC BOARD OFFICERS:

Sandy Bainbridge
Ron Boller
Charlotte Clarke
Les Clarke
Bob Giordano
Becky Hopkins
Art Kalbach
Steve Ladin
Evie Lau

OFFICE STAFF:

Community and Senior Center Manager

- Lorie Williams (x2945)

Events Program Manager

- Julia Rothschild Gidney (x2956)

Senior Services Program Manager

- Alex Rae Cooper (x2941)

Principal Admin. Assistant

- Niki Vincze (x2942)

Chef and Kitchen Manager

- Sara Hopkins (x2950)

Newsletter Committee

The deadline for the October newsletter is Friday, September 4. In order to meet our print and mailing deadlines, the submission deadlines will always be the first Friday of the month prior. Thank you for your help with getting our newsletter out on time! Submissions for inclusion in upcoming newsletters can be sent to candsc@co.summit.co.us.

If you have suggestions regarding the newsletter, please contact: bonniesaunders1@yahoo.com.

Lunch Fees

Our lunch fees are changing.

- If you make \$15,000 or less, lunch will cost \$4.
- If you make between \$15,000-\$50,000, lunch will cost \$5.
- If you make \$50,000 and over, lunch will cost \$6.

Please note these changes will begin October 1, 2015. If you have any questions please contact Lorie Williams at (970) 668-2945.

Senior Movie Night



Join us on Thursday, September 24th for a movie matinee. The film for this month is *Calendar Girls*, starring Helen Mirren and Julie Walters. The doors open at 4:30 pm and the movie starts at 5pm. Popcorn and non-alcoholic beverages provided; feel free to BYOB.

September Trip - Elk Bugling

EVENT: Elk bugling in Estes Park w/ optional lodging.
WHEN: September 16 at 7:30am from SCSC. Check-in at River Rock Cottages is 3:00pm, check-out is 10am on September 17.

COST: Each cottage sleeps 6, rents for \$245 & includes tax. It has one king bed and 2 queen beds. Optional camping with the Golden Age Pass for Rocky Mountain National Park. Meals on your own.

EXTRA TOUR: Stanley Hotel tour is \$25.

TRIP DEADLINE: including the Stanley Hotel is August 14 for those staying overnight.

SIGN UP: Sign up and pay at SCSC by August 14.

CAMPERS DEADLINE: September 11

TRIP LEADER: Corina Aragon, (970) 513-1285, aragon.corina@gmail.com

Also at 5:00pm on September 16, we will make our way to Horseshoe Park for a 5:30pm ranger talk that provides insight into the elk herding behavior and information on wildlife watching etiquette.

THANK YOU!

On behalf of Luisa Stafford, Roxanne Smith and Jim Fuxa, a **HUGE THANK YOU** to all of the volunteers who helped with the BBQ and Fourth of July Margarita Booth!!



Recap

Rummage!

We would like to send a huge

THANK YOU!!!

to all our Rummage Sale volunteers and contributors!

And special thanks to our Team Leaders for another wonderful year!

Thank you again!!

Seniors, please thank the managers of **Hacienda Real** and **Old Chicago** for providing lunches for 80 volunteers during the rummage sale!!!

Alpenglow Chamber Music Festival

Alpenglow Chamber Music Festival, Inc., presents our world-renown artists at two concerts: **Sunday, September 13, at 7:00pm**, at the Colorado Mountain College in Breckenridge, and on **Saturday, September 19, at 7:00pm**, at Lord of the Mountains Lutheran Church in Dillon. Tickets are \$20; seniors are offered tickets at half-price, or \$10. Please join us for two fabulous evenings.

The Summit Seniors Foundation

To make a gift contribution to the Summit Seniors Foundation by a provision in a will or revocable living trust, please mail to: Summit Seniors Foundation, PO Box 1845, Frisco, CO 80443.

Amazon Smiles

Amazon has introduced a new charitable giving program that awards the Senior Center .5% of your purchases if you name the Summit County Senior Center as your designated charity. **To register and have the Senior Center receive the benefit of your purchases please:**

1. Register with Amazon at <http://smile.amazon.com/ch/84-0989154>
2. Make your purchases on Amazon Smile (the same merchandise at the same prices, including Prime, are available on this site).

Happenings

Timberline Toppers

On **Saturday, September 5**, Roger Schappell of Fort Collins, CO, will call dances:

- Plus 3-5pm and 7-7:30pm

- Mainstream from 7:30 to 9:30pm

Elaine Fogle will cue round dances between most evening tips.

Summit County Community and Senior Center

On **Friday, September 11**, Elaine Fogle of Frisco CO, will cue round dances 7-9pm

Summit County Community and Senior Center

On **Saturday, September 19**, Lynn Strobel of Miles City, MT, will call dances:

- Plus 3-5 pm and 7-7:30pm

- Mainstream 7:30-9:30pm

Elaine Fogle will cue round dances between most evening tips.

Summit County Community and Senior Center

Contact Dan & Cathy Schweitzer (970) 485 - 9275 if you have any questions.

Summer Postural Fitness

The Egoscue Method® is a widely acclaimed postural therapy program designed to restore full, natural function to muscles and joints. Exercises are designed to optimize the function of the various muscle groups acting on the skeleton so that they perform the job they were designed to do. The program works to straighten, then strengthen the body so that it responds to demands with minimal stress, resulting in improved performance and reduced strains and injuries. Join instructor Kathy Feeney for Summer Postural Fitness meeting **September 1 and 8 from 4:30 – 6 pm**. Class sessions include a series of stretches and gentle exercises designed to help your body be the strongest and most flexible it can be and to move the way nature intended. They are based on the premise that regardless of any previous condition or injury, putting your body back into correct alignment will allow it to naturally heal itself.

Line Dancing

Line Dancing will resume in October. We apologize for the inconvenience.

Contact Maggie Postlewaite at (303) 522-6329 or luv2dancemaggie@comcast.net if you have any questions.

FREE Fall Risk Screenings

These free screenings are a great, quick way to get a sense of your balance and risk for a fall. In addition, we will identify what you can do to help decrease your fall risk. Dates and times are available in the Activity Binder at the Senior Center office. If you have any questions, please contact Pat Aden at 970 668-1812 or paden22156@aol.com.

Balance Assessment

This in-depth assessment is the first step to taking the N'Balance class and a great way to learn more about your fall risks. Dates and times are available in the Activity Binder at the Senior Center office. If you have questions, please contact Pat Aden at (970) 668-1812.

N'Balance

N'Balance will help you improve balance, core strength, posture and gait, coordination and leg strength. Questions? Please contact Pat Aden at (970) 668-1812. Optional class donations are accepted.

Tues. and Thurs.

1:15 - 2:15pm

Optional class

Kundalini Yoga

Join Holle and Melinda for some great yoga classes!

No Saturday yoga this summer! We will start up again in the fall for our winter season.

Questions? Contact Holle at (970) 406-8580 or holleconsulting@yahoo.com or contact Melinda at (970) 333-0504.

Mon., Wed., Fri.

10am

Senior Center

Free Essentrics Workouts!

strength ♦ flexibility ♦ mobility ♦ posture
A workout for everyone! Essentrics is a simultaneous non-impact strengthening and stretching workout that re-balances the entire body and can be practiced injury free by all fitness levels and ages. This 60-minute fun, full-body, low-impact workout will leave you feeling good and increase your flexibility, strength and balance to help you build and maintain a strong and agile body. The workout is done barefoot in any comfortable clothing, and you may wish to bring a yoga mat if you have one.

Sept. 15, Sept. 22 and Sept. 29 at 4:30pm in the Hoosier room at the Senior Center.

♠ ♣ ♥ ♦ Bridge ♠ ♣ ♥ ♦				
Group	Day	Time	Info	Comments
ACBL Duplicate	Mondays & Fridays	12:50pm - 4:30pm	Mike Huiatt (210) 310-6656	For partners, contact Howard Brown at (970) 468-2313.
Party Bridge	Tuesdays	12:50pm	Drop in	Hobby Room
Ladies Bridge	Wednesday, Sept 9	10:00am-3:00pm	Hosted by: Susan Thompson, Sue Delaney and Robin Miller. Sign up in the Hobby Room or contact Carla Carter at (970) 389-3192	It will be held at Susan Thompson's Home.
Tuesday 9/1: Lesson on non-traditional slam building, unusual distributions lessons start at 3:30 pm Wednesday 9/2: Novice Game at 1:00 pm Tuesday 9/8: Introduction to 2 over 1, lesson starts at 3:30pm				
Note: Please remain fragrance free as some people are extremely allergic to scents!				

Games, Social				
Activity	Days	Times	Contact	Location/Info
Dominoes	Tuesdays	6-9pm	Sandy Ruggaber (970) 513-8468	Senior Center
Mahjong	Tuesdays and Fridays	12:45pm	Sandy Ladin (856) 275-7187	Senior Center
Social Improv Games	Thursdays & Sundays	1:00-4:30pm	Helen Fitzgerald (970) 333-1143	Senior Center
GALS Golden Adventurous Ladies of the Summit	Sept 3	4 PM	All single ladies welcome!	Meet at the Lagoon Ln Club House near the flag pole. Please call Sandy Ruggaber if you have any questions (970) 513-8468.

Quilting				
Group	Day	Time	Contact	Comments
Summit Quilters Sit and Sew	Sept 12	9am-5pm	Norma Robison (970) 262-1007	Location: Community and Senior Center Bring whatever you want to work on. For more information, please call Norma Robison.
Summit Quilters Sit and Sew	Sept 14	7pm	Terri Eaton (970) 453-4417	Location: Community and Senior Center Bring whatever you want to work on. For more information, please call Terri Eaton.
Summit Quilters Regular Meeting	Sept 28	7pm	Terri Eaton (970) 453-4417	Location: Community and Senior Center Presentation on "Windowpaning" (a process in which three frames are added around a block).

Book Clubs

Group	Day	Time	Details	Comments
Happy Hour Book Club	Sept 9	4:30pm	"Turn of Mind" by Alice LaPlante	Meet at the Senior Center. Bring a drink or snack to share if you wish. All are welcome. For info or to get on the mailing list, please email Diane at: rdwilliford@outlook.com .
Page Turners Book Club	Sept 15	7pm	"The Invention of Wings" by Sue Monk Kidd	Meet at the home of Jim and Luray Wiberg. Karen Kugler will lead the discussion. RSVP to the Wibergs at luray2jim@yahoo.com or (970) 262- 2632 by noon on Friday, September 11.

Trip: Discovering Boulder

Description: Brunch at Lucile's Creole Café; visit the award-winning Chief Niwot- Legend & Legacy exhibit at the Boulder History Museum; walk the Pearl Street Mall and peruse The Peppercorn, a "unique kitchen emporium" and/or the Boulder Book Store, Boulder's largest independent book store; relax/refresh with tea/appetizers at the Dushanbe Teahouse, a gift from Boulder's sister city in Tajikistan.

Date: Wednesday, October 14, 2015

Meet: Senior Center at 8:30am to carpool; return ca. 7:00pm

Cost: Brunch and Tea on own; \$4.00 entry

Fee payable at the Museum

Sign-up: At the Community and Senior Center, deadline is October 7, 2015. Limit 16 people

Trip Leader: Carol Bosserman, (970) 389-2238, bossermancs@gmail.com



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Wed. September 23



NATIONAL REPERTORY orchestra

Community Giving Day & Wine Tasting

Whole Foods Market - Frisco will donate 5% of the day's net sales to the NRO.
7am-9pm

Susan B. Gregory
970-453-6428 ext. 5#



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Treasurer's Report

For our fiscal year ending June 30, 2015 the Summit County Senior Center had a deficit of ~ \$ 16,000. As seen below, this deficit was largely a result of grants to community organizations that support and provide services to seniors.

The major components of our financial performance were (roundly):

Rummage sale	35,000
Margarita sales	11,000
Winter Games	<u>9,000</u>
Net Fund raising	55,000
Membership	16,500
Investment Income	6,000
Senior Foundation	
Income	6,500
Grants	(45,000)
Nutrition Program	(18,000)
Staff Training & support	(11,000)
Care Navigation	(7,000)
Senior Housing	(5,000)
Medical Transport	(4,500)
Insurance	(4,500)
Other	<u>(5,000)</u>
Net Deficit	<u>(16,000)</u>



<p>Anita Alexandra, L.Ac., CH has successfully practiced Acupuncture & Chinese Herbal Therapies for 17+ yrs.</p> <p>FREE Consultations</p> <p>(970) 668-3299 www.AcuFrisco.com</p> <p>Mention this ad for 20% off a New Patient Acupuncture Session!</p> 		<p>Spinal Decompression Therapy</p> <p>A Pain-Free, Non-Surgical Solution for anyone suffering from bulging, herniated or degenerated discs, numbness and tingling, failed neck or back surgery, facet syndrome, spinal stenosis, or sciatica. Call today for a free consultation.</p> <p>970.262.7929.</p> <p>Dr. Jeffrey Auth</p> <p>authchiropractic.com</p>	<p><i>Compliments of</i> Alpine Bank</p> <p><i>Investing in You and Our Community</i></p> <p>(970) 513-5906</p> <p>701 N. Summit Blvd. • Frisco, CO 80443</p>
<p>Little Flower Shop</p> <p>(970) 468-5498</p> <p>www.littleflowershop.net</p> <p>Come visit us at 40 Cove Blvd, Unit B2 in Summit Cove Shopping Center</p>	 <p>CUSTOM EYES your total eye care professionals</p> <p>DR. PAUL D. BARRY, O.D.</p> <p>Frisco Station P.O. Box 583 • 842 N. Summit Blvd. Frisco, Colorado 80443 970-668-0122</p>		
	 <p>PARADISE REALTY</p> <p>Dave Bittner Real Estate Broker/Realtor®</p> <p>Cell: 970-390-1604</p> <p>PROFESSIONAL ASSISTANCE BUYING OR SELLING REAL ESTATE IN SUMMIT COUNTY</p> <p>www.Colorado-Summit.com</p>	<p>HELP PROTECT YOUR FAMILY & HOME</p> <p>CALL NOW! 1-888-891-6806</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	

September Computer Classes & News



NOTE that as of press time we have only booked one seminar in September (on Saturday, September 5) on the subjects of smartphone photography and TV streaming technology. Find details of this seminar below. We hope to book another seminar for Saturday, September 19 but the topic for that is TBD at this point. Contact the Senior Center in early September for details on this additional seminar.

There are two ways to sign up for an event: call the Senior Center at 970-668-2940 or, if you're comfortable signing up yourself on the Internet, you can click the following link (or paste it into your browser): <http://goo.gl/cbWh6> Once you're there just find the activity you want to sign up for and add your name and other requested information to the list below that activity. Please remember: if you sign up but then decide not to attend, please let us know ahead of time if possible by calling the Senior Center to cancel.

Here's our upcoming lineup of activities:

Date	Time	Topic
Saturday, September 5	9:00 to 11:00am	Seminar: Smartphone Photography and TV Streaming Technology ¹
Monday, September 14	4:00 to 5:30pm	Help Session ²
Saturday, September 19	9:00 to 11:00am	Seminar: TBD ³
Monday, September 21	4:00 to 5:30pm	Help Session ²
Monday, September 28	4:00 to 5:30pm	Help Session ²

Note: all of our activities (seminars and help sessions) are held at the Summit County Senior Center and cost \$5.00 to attend.

¹ **Smartphone Photography and TV Streaming Technology** – In this seminar we'll show you how to use your smartphone camera more effectively as well as how to easily manage your photographs and send them to friends and relatives using a shared streaming system. We'll also demonstrate how to use the latest camera app on your smartphone to take greatly enhanced photos that are much brighter and sharper.

We will also show you how to set up and use the latest in TV streaming technology. Topics will include:

- How to access the latest available TV channels using a ROKU box without using the standard TV cable
- How to access features such as Netflix movies, most news programs, most music programs and many other features.

² **Help Sessions** – A volunteer will assist you on whatever topic or problem you want to discuss. Just tell us how to contact you and provide us with details on your needs for the session. Remember: you must sign up by 9:00 AM on the Friday before the Monday session. Also note that we must limit the number of attendees (or spouse pairs) to six, so *please be sure to sign up in advance*. Bring your devices with you so we can help you work with your own equipment.

³ **Seminar topic TBD** – Call the Senior Center to see if this seminar will be held and what the topic will cover.

September 2015

Chef Sara's Menu

Meal reservations are required by 9am the day of the meal. Reservations may be made by calling the **Meals Hotline at (970) 668-2944** or by signing up in the Meals sign up book at the Senior Center. Please note that we do not call back to confirm your reservation. Dinners are \$10 per person, and lunches are \$3.00 to \$5.00 on a sliding scale, based on income level. Checks should be made payable to SCG. Menus are subject to change. After-dinner presentations are subject to change.

DINNER - MONDAYS, 6PM

LUNCH - TUESDAYS, NOON

LUNCH - THURSDAYS, NOON

Please join us for "Happy Half Hour" from 5:30 to 6pm before each Monday dinner!

	1 <i>Meatloaf</i>	3 <i>Pork Loin</i>
7 <i>CLOSED for Labor Day</i>	8 <i>Lemon Pepper Tilapia</i>	10 <i>Grilled Chicken</i>
14 <i>Salmon with Raspberry Chipotle Glaze</i>	15 <i>Mac & Cheese with Chicken</i>	17 <i>Beef Enchiladas</i>
21 <i>Flank Steak with Chimichurri</i>	22 <i>Tuna Casserole</i>	24 <i>Stir Fry</i>
28 <i>Chicken Parmesan & Eggplant Parmesan</i>	29 <i>Pulled Pork</i>	

***Community meals include fresh salad, garden vegetables, bread, dessert, coffee, water & iced tea.
Mountain Meals on Wheels include fresh salad, vegetables, juice and dessert.***

Chef Sara's Family Meatloaf Recipe

What you will need:

1.5 lbs hamburger
1 can tomato soup
1/2 c oatmeal
1/2 c Rice Krispies
1 egg
3/4 c milk (approx.)
1/2 c diced onion
1/4 c red pepper
1/4 c ketchup
salt and pepper to taste

Directions:

Mix all ingredients in large bowl until "soupy".
Pour into glass baking dish and bake at 375 degrees for approx. 1 hour or until bubbly and browning on top.
Top with ketchup and bake for another 10 minutes until ketchup begins to brown.

Enjoy!

Event Calendar

September

SUN	MON	TUES	WED	THURS	FRI	SAT
		Sept 1 8:35 am Golf 1pm Caregiver Support 3pm SCSC Board 3:30pm Bridge Lesson 4:30 Postural Fitness	2 1pm Novice Bridge	3 4pm GALS	4 Newsletter Deadline 9am FDRD	5 9am C3 Seminar 3-9 TT Dance
6	7 Labor Day	8 7:30am Rowing 8:35 am Golf 9am Medicare Counseling 3:30pm Bridge Lesson 4:30pm Postural Fitness	9 10am Ladies Bridge 4:30 HH Book Club	10	11 7-9 TT Dance	12 9am Summit Quilters
13 7:00 Alpenglw Music	14 4pm C3 Help 4:30 Ask a CFP 7pm Quilters	15 12pm Ask a Lawyer 4:30 Essentrics 7pm PT Book Club	16 7:30 Elk Bugling Trip	17 Elk Bugling Trip Cont.	18 10am Parkinson's Support Group	19 9am C3 Seminar 3-9 TT Dance 7:00 Alpenglw Music
20	21 4pm C3 Help	22 7:30am Rowing 4:30 Essentrics	23	24 4:30pm Senior Movie Night	25	26
27	28 4pm C3 Help 7pm Quilters	29 4:30 Essentrics	30			

Recurring Weekly Activities

SUN	MON	TUES	WED	THURS	FRI	SAT
1pm Social Improv Games	10am Yoga 12:50pm ACBL Bridge 5:30pm Happy Half Hour 6pm SCSC Dinner	8:30am SOB Hikes 8:45am Walkie Talkies Hikes 12pm Lunch 12:45pm Mahjong 12:50pm Party Bridge 1:15pm N'Balance 6pm Dominoes	Mountain Goats Hikes 9am Canine Companions 10am Yoga	8:45am HOTs Hikes 12pm Lunch 1pm Social Improv Games 1:15 N'Balance	10am Yoga 12:45pm Mahjong 12:50pm ACBL Bridge	

Classified Ads

Ad Guidelines

- Ad deadline is the **first Friday of the month** for publication in the following month's newsletter.
 - Please note the rates for ads:
 - 30 words or less: \$20 for SCSC members, \$30 for non-members
 - 31 - 50 words: \$30 for SCSC members, \$60 for non-members
 - No ads over 50 words accepted. (The editor reserves the right to change wording as needed.)
 - Please email advertisements to **CandSC@co.summit.co.us** with the subject header on the email: "Ad – Your Last Name."
 - Ad payment is due by the first Friday of the month prior. Cash or check only. Checks payable to "SCG"
- If you have any questions about placing a classified ad, please contact the front desk at (970) 668-2940

For Rent

Costa Rica 3BR/3BA - Luxury condo on Pacific Coast Highway. Onsite Hot Tub and Swimming Pools. Enjoy nearby Bejuco Beach, Restaurants, Horseback Riding. Breathtaking Ocean Views. (SCSC Member Discounts) Lillian Bickel (970) 455-0199.

Keystone - Studio apt: Queen bed, double futon couch, office area, private kitchen, dining area, bathroom, entry. In exclusive neighborhood in Keystone on Snake River bike path. Available now. Contact Char Bloom (970) 412-1616 or email netadream@aol.com.

Dillon - Townhome with spectacular view of Lake Dillon. 1BR/1BA, no smoking, no pets, fully furnished, Gas FP, W/D, DW, wifi. 6 months starting November 2015. Contact Carol at (970) 389-2238.

Dillon- Condo in Corinthian Hill overlooking lake and Ten Mile range. 2BR/1¾Ba, FP, W/D, and garage. Beautifully updated. Has been our vacation home past 14 years. Available Dec. 19-27, Feb 1-Apr. 30. Call 505-294-2147 for details. Owner/broker.

Dillon— 1 Bedroom 1 Bath Condo Available 10/1/15 thru 5/31/16. NS/NP/No Drugs. Summit Yacht across from tennis courts in Dillon. Lake View, Furnished, wood burning stove. \$950 per month. Contact (404) 640-4502.

Silverthorne— 4BR/ 5BA for rent Jan 5th thru April 2016 prefer a couple— fully furnished house with great views. Contact (970) 513-9159.

Silverthorne— Townhome, 3BD/2.5BA, 1 car garage, W/D, w/entertainment room, patio hot tub. 1560 sf. Quiet, roomy townhome at Hideaway in Eagles Nest. Fully furnished with comfortable beds. Master bed with Queen Sleep Number with FlexFit adjustable base. NS/NP. \$2,400/month available Oct 1 2015. Accepting 6-12 month lease. Contact Linda Boyd (719) 332-0841 lgbinthemountains@yahoo.com

Silverthorne— 3,400 sq foot, log duplex. 4 BD/3 1/2 BA, 3 levels, FP, Hot tub, NS, NP, Furnished, W/D, DW, 2 car heated garage attached. Available Sept 1. Contact (515) 321-4015.

Housing Wanted

- Retired couple looking for 1 or 2BR rental for winter season (minimum January thru March). Dillon, Frisco, Breckenridge or Silverthorne. NS. Will take loving care of your home. Contact Patricia at Trisha7mahoney@gmail.com
- Retired single Midwestern skier looking for a 1-2 bedroom rental Jan 1 to the end of the season. The Dillon/Keystone area preferably as Keystone is my primary ski area. Is an experienced, respectful renter. References available. Contact Roy at Roy.brechlin@gmail.com or at (847) 441-6661.
- A group of very reliable senior skiers desires to rent a 3 or 4 bedroom house in the Summit County area for the mid 2015-16 ski season. (A reference from the previous landlord is available.) Please call John Matz at 719-226-6745.
- Retired single looking for 1-2 BR. Looking for peace and quiet in the mountains. Frisco area preferred. Contact Lorraine at (970) 406-1984 or at lorrainecgill@yahoo.com.
- Long-time Frisco couple wants to rent for July and possibly August, 2016. Desire two-bedroom, two bath, W/D, full kitchen and garage. We are NS/NP. References available. Email: aaholmp@gmail.com or call 970-389-4204.

House Sitter Wanted

October 2015 House sitter wanted—duration: 3 weeks. Frisco. Contact 970 376 5153 charlottefrisco@yahoo.com

Classified Ads Continued

For Sale

Breckenridge Time Shares for sale - Grand Timber Lodge & Gold Point Condos - 5-Star Resort with all amenities! Red Winter Weeks. Ski-in/Ski-out. Reasonable offers accepted! Call (970) 468-6566 or email: jremark2@hotmail.com

Services/Other

Piano and Organ Instruction Available for adults in Silverthorne! New York Keyboard Instructor, Accompanist and Church Organist since 1967. Beginners/advanced students are welcome!! Call Jeanie Dedrick Kramer at (970) 468-6566.

Handyman Plus - Home repair and remodeling. Flooring, tile, drywall, painting, decks, windows, doors. Honest and reliable. Free estimates and references. Recommended in service provider list for Summit Seniors. Sam Maine (719) 264-9492.

Medicare 101 on Tuesday, September 8 from 9:00am-12:00pm. Topics will include: Part B Excess, Part D Formulary, Preventative Services, Advance Beneficiary Notice of Non-coverage (ABN) If you have your "Medicare and You Guide 2015". Presented by: Crowe Insurance Agency Inc. and Eagle Insurance Agency.

DISCLAIMER: Advertisements listed in this newsletter are not an endorsement by Summit County Government (SCG) or Summit County Senior Citizens, Inc. (SCSC). Ads listed herein are paid for by individuals and agencies who wish to promote their services and/or products and are not sanctioned by SCG or SCSC.

Senior Services

Outreach Committee

If you know of someone who is ill or could use some cheering up, please contact Andy Searls at (970) 668-0625. She will send them a card.

Care Navigation

Kirstie Taylor, MSW, LCSW and Liz Crandall, MA provide free care navigation services for low-income seniors age 55+ or any Senior age 60. They assist individuals and families with accessing community resources and determining eligibility for public benefits. Schedule a time to meet with Kirstie at (970) 389-5368 or Liz Crandall at (970) 485-1863.

Medical Transportation

Volunteer drivers provide transportation for seniors to medical appointments in the Front Range. Two weeks' advance notice is helpful. If you or someone you know is in need of a medical transport, or if you would like to volunteer to be a medical transport driver (county vehicle is provided), contact Alex at (970) 668-2941.

NEW Phone Tree!

We're setting up a phone tree for seniors who live alone who would like check-in calls. If you are interested in receiving or making some calls, please contact Sandy Ruggaber at (970) 513-8468.

Network of Care

www.Region12NetworkOfCare.org

The Network of Care website can help you find services, gain knowledge and make connections:

- Service Directory - Search for health care and service providers in the Region 12 area.
- Personal Health Record - Manage your medical information online.
- Library - over 40,000 senior-related articles
- Assistive Devices - featuring a database of over 21,000 assistive tools & devices

Mountain Meals on Wheels

Home-delivered meals are available for homebound residents of Summit County. Meals are delivered on Mondays, Tuesdays and Thursdays. Contact Alex at (970) 668-2941 if you are interested in receiving home-delivered meals.

Volunteer Opportunities

See more opportunities in the Volunteer Happenings e-blast or on our website. Contact us at (970) 668-2940 or candsc@co.summit.co.us for more information.

The Summit County Senior Citizens, Inc. is looking for a New Member "Meet and Greet" Volunteer Coordinator. Please contact Jan Goodwin (937) 479-6848 or gutwinsky@gmail.com for details on this great volunteer opportunity.

Domus Pacis' monthly *Food for Families Friday* gathering at the Summit Community & Senior Center. Come and cook up a storm on the **second Friday of every month** 11am-2pm as we gather to have fun. No RSVP needed, though if you are sure that you will attend, let Sheri know. This is a great way to meet new people and help nourish **a family on a cancer journey**. **If you have an apron please bring it as well as something to tie back or cover** your hair and certainly wear closed-toe non-slip shoes.



Volunteers work on the **Senior Garden** in front of the Community and Senior Center on Thursdays running through the summer. If you'd like to help, please show up at 10am. For more information, contact Janet Young at (970) 485-5775.

Friends of the Dillon Ranger District (FDRD). Join us, working with FDRD, on Friday, 9am-noon, September 4 (final workday for the season). Again, our meeting location for campsite restoration (cleaning and rehab--no heavy lifting) is along Rock Creek Road north of Silverthorne. From I-70, go north on Hwy 9. At 7.7 miles (across from Blue River Campground), turn left onto Rock Creek Road (2WD). After 1.2 mi., turn left and down into a parking lot labeled "Rock Creek." We'll carpool from there in higher clearance AWD vehicles. For more information, contact Bonnie Guthrie, bonniesaunders1@yahoo.com, and to register, www.fdrd.org or call 970-262-3449.

Rowing Group

The Summit Seniors Rowing Group will meet at 7:30am on September 8 and 22 at the Frisco Marina for rowing followed by breakfast. If you want to try rowing please call Chris Curtis 405-818-2589 to set a time for you to go rowing in a two-person rowing shell on beautiful Lake Dillon at no charge.



2015 Golf Card Info

All current members can acquire golf cards at the Senior Center. This year, in addition to paying your yearly dues, there will be a charge of \$5 for the golf card. The benefits include:

Keystone River and Ranch:

- \$75 for 18 holes with same day tee times or book online 48 hours in advance at keystoneresort.com using Promo Code "LOCAL15." Please note that residents of Summit County may avail themselves of the 18-hole rate of \$65 when booking same day tee times or online using Promo Code "LOCAL."
- \$10 Range Fee
- 30% discount on lessons or \$35 per half hour of private instruction.
- 10% discount in the golf shops (not valid with other sales or discounts).

The Raven:

- Stand-by rates are offered as shown below. Please contact the Raven Pro Shop for availability on the day of play at 262-3636.
- Sept, Oct: \$65 AM, \$50 PM.
- \$10 Range Fees.
- 10% Discount off all regularly priced items in the Pro Shop.

Tuesday Morning Senior League - Keystone River Course

The rate for the League this year is \$65 and includes 9 holes of golf, cart, lesson and lunch. Call the Keystone River Course Pro Shop at 970-496-1520 to make your reservation. All events begin with a shotgun start.

tclytle45@yahoo.com for more information and to be included in this fun outing.

Date	Start	Event
Sept 1	8:35am	18-Hole event and lunch
Sept 8	9:05am	9 Holes with lunch and clinic

Senior Programs

Group	Day	Time	Contact	Comments
Caregiver Support Group	September 1	1pm	Mitch Ringquist For info call (970) 668-2940	Meet at Senior Center. Drop-ins are welcome!
Medicare Counseling By SHIP Certified Counselors	September 8	9:00am-12:00pm	Janice McIntyre	(970) 668-2940
	Did you know that you can have your Medicare questions answered in a private 1-hour session at the Senior Center? Services include: understanding Medicare, Medicare supplements and cost plans, navigating medicare.gov for your best personal Part D Drug plan, comparing employer retirement plan to Medicare.			
Ask a CFP	September 14	4:30pm	Aleda Kresge	Sign up in office
Ask a Lawyer <i>Free 15-min. appt. With an Attorney</i>	September 15	NOON to sign up for an appt.	Dave Helmer	Appointments cannot be made in advance. Senior Center (970) 668-2940
Parkinson's Support Group	September 18	10am	Anne Watson	For info and meeting place, please call (970) 390-9690

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September Hiking Schedules

Hiking Groups Meeting Places: **C&SC** - Community & Senior Center, **SOM** - Silverthorne Office Max, **SP** - Silverthorne Pavilion, **F** - Frisco Safeway (lot by hwy), **FMS** - Frisco Main Street (by I-70 X201), **FSS** - Frisco Summit Stage lot, **GH** - Gold Hill TH lot on Hwy 9 across from Tiger Run (Breck), **B** - Breckenridge Gondola (north side of gondola), **BSG**—Breck (south side of gondola). Distance/Elevation - **RT** = Round Trip; **TH** - Trailhead. *Bring wind/rain gear, water and lunch. Wear hiking boots (no sneakers). NO cotton, including jeans.*

THE HERD OF TURTLES HIKES (HOTs) Hikes are from 2 to 5 miles long. Beginner walkers are welcome. We walk out for 1 ¾ hours and then back, and go to lunch. Hikers gather at the meeting place at 8:45am. We depart @ 9:00am. Contact Jan at janskifast@yahoo.com or hike leader.

Date	Hike	Mtg.	Leader/Organizer/Lunch
9/3	Mountain Pride	B	Karen Nielsen (970) 668-9982
9/10	Spruce Creek	B	Connie & Phil Eberhart (402) 397-9358
9/17	Mesa Cortina	SOM	George Bowser (757) 294-5055
9/24	Galena Ditch Trail	B	Bonnie Guthrie (970) 468-0405

Canine Companions – Wednesdays (moderate). Non-dog owners also welcome! Contact Howard Brown (970) 468-2313. **Meet 9am.** Call leader to confirm if weather is questionable.

Date	Trail	Mtg.	Leaders	Notes
9/2	Dillon Elk Reserve	SOM	David Null (760)887-6446 dnull@gmail.com	Moderate
9/9	McCullough Gulch	B	Connie Eberhart (402) 301-6806 berhartconnie@gmail.com	Moderate/bring lunch
9/16	Timberline Lake (Leadville)	F	Charlotte Clarke (970) 376-5153 charlottefrisco@yahoo.com	Moderate/bring lunch
9/23	Bowman's Cutoff (Vail Pass)	F	Howard Brown (970)468-2313 brown.howard2@gmail.com	Moderate/bring lunch
9/30	Boulder Lake	SOM	Loralee Hettinger (719) 510-1963 ride_sea2sea@mac.com	Moderate/bring lunch

Walkie-Talkies Hikes - Please meet at designated place at 8:45 a.m. ready to depart at 9 a.m. Bring water, snacks, rain/wind gear and hiking shoes. No need to sign up ahead of hike. Plan on a 3-4 hr. commitment.

Date	Hike	Dist.	Elev. Gain	Mtg.	Leader/Organizer
9/1	Wheeler Lake	6.5. mi RT	1320'	FSS	Jilane Savignano (309) 558-4613
9/8	Prairie Mnt.	4.5 mi RT	1230'	SOM	Judy & Bob Ruuhela (847) 910-0210
9/15	Mt. Pride/ Baker's Tank	6 mi RT	600'	B	Terri Eaton (970) 453– 4417
9/22	Angler Ranch	5mi RT	1200'	SOM	Jeanne Jenkins (970) 389– 0008
9/29	Eagelsmere	7 mi RT	1700'	SOM	Jilane Savignano (309) 558-4613

Summit Older Bushwhackers (SOBs) – Tuesdays (moderate). An email list of hikers is maintained by Paul Finkel. Any changes, email him at epfinkel@gmail.com. **Meet at 8:30 am.**

Date	Meet	Hike	Leader	Leader's Email
9/1	B	Francie's Cabin and Party	Vince White-Petteruti	vincewp@gmail.com
9/8	B	CJ Muller and End of Hikes Party	Paul Finkel	epfinkel@gmail.com

Mountain Goats – Wednesdays (difficult, challenging hikes).

Please join **SummitMountainGoats** at **groups.yahoo.com** to receive notifications of changes to hikes and to see photos. **Register with leader to learn time and place.

Date	Trail	Dist.	Elev. Gain	Time, Place	Leaders	Register?
9/2	Tenmile Peak	10 mi.	5000'	FM, 7:30	Martine Matzke	No, mrmatz@comcast.net
	http://www.summitpost.org/peak-1-tenmile-peak/151372					
9/9	Pacific Tarn	7.5 mi.	2500'	BSG, 7	Martine Matzke	No, mrmatz@comcast.net
	http://www.summitpost.org/pacific-peak/150617					
9/16	Acorn Creek	***	***	****	John Hillman	Yes, Johnhillman@earthlink.net
	Please contact John (johnhillman@earthlink.net) for more details.					
9/23	Ben Tyler Trail	***	***	*****	Ron Hopson	Yes, 614-264-5407 Ron.hopson@netweave.com
	Please contact Ron at ron.hopson@netweave.com for details.					

	 <p>TIMBERLINE Adult Day Services</p> <p>Located at SC Community & Senior Center Respite for Caregivers M-T-Th 7:45 am-4:30 pm Safe, stimulating, cheerful place for adults 18 & up living with ALZ, CP, TBI, MS, DD and MI Crafts, exercise, friendship, lifeskills, healthy lunch & snacks</p> <p>83 Nancy's Place/PO Box 1357, Frisco, CO 80443 Phone: 970.668.2952 timberlineadultday@gmail.com www.timberlineadultday.org</p> <p><i>Where friends gather ...</i></p>	<p>People are looking for your business.</p>  <p>Help them find it by advertising here.</p> <p>Contact Jessi Sallenbach to place an ad today! JSallenbach@4LPi.com or (800) 950-9952 x2533</p>
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	<p>Pediatrics FamilyPractice Internal Medicine Frisco 970.668.5584</p> <p>Family Practice Urgent Care Breckenridge 970.547.9200 Silverthorne 970.468.1003</p> <p>OB/GYN Specialists Frisco 970.668.5771</p> <p>Since 1993 Se Habla Español.</p>  <p>High Country Healthcare HighCountryHealth.com</p>	 <p>Silverthorne • Colorado 200 Buffalo Mountain Dr., Silverthorne 970-262-9230 Shopsilverthorneford.com</p> <p>5% Discount On All Detail Services Must present coupon to be valid. Limit one coupon per visit/vehicle. Discount applies before taxes & shop supplies. Expiration date: 12/31/14</p>

Summit County Seniors

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Photo courtesy of Chip Babbitt

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